USL MEN'S QUARTERLY

SPRING 2014
ISSUE 2 VOL. 2

USL MEN'S QUARTERLY SPRING ISSUE

JESSICA SUTTON

&

3 SEXY GIRLS WHO POSE IN

CARS, BEDS, POOLS, GARAGES BEACHES & DESERTS

KAKI WEST

BRITTANY MASON

ISABELLE MEREY

+

VANITEASE SEXIEST MODELS OF 2014

& MEN STYLE

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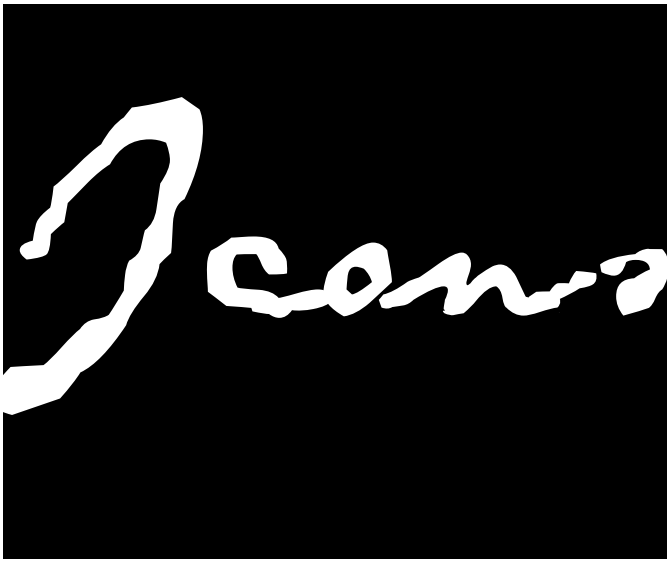

IN MUSIC & ENTERTAINMENT

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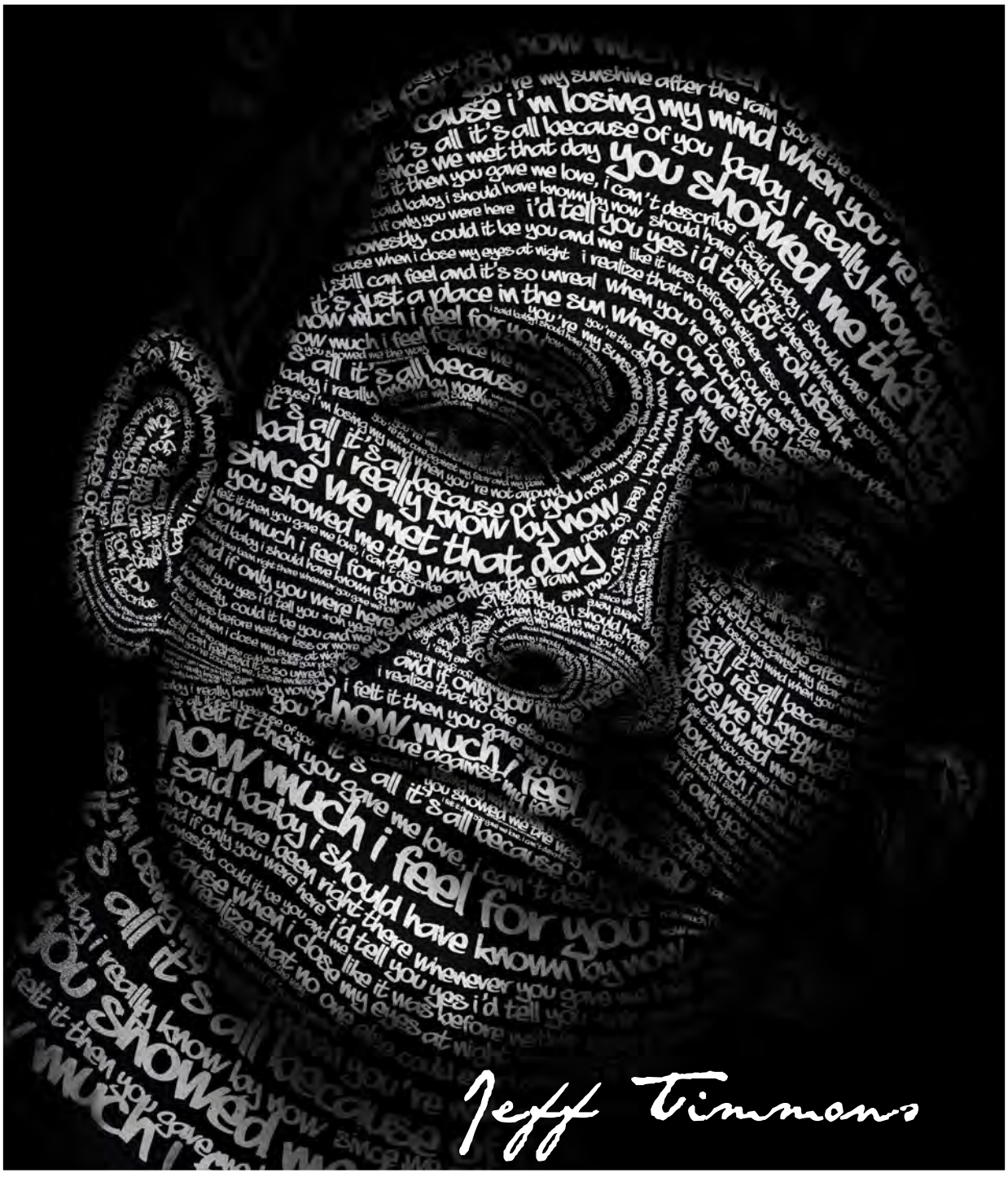
ILLUSTRATIONS inspired by ICON'S and their lyrics...

My İnspiration was my love for music. İ'm a big fan of hip hop, love every aspect of the music, lyrics, beats, flows etc. İ picked my favorite songs of that artist and decided to create their portraits from the lyrics, which came out looking good. İ did a series of artists like Snoop Dogg, Tupac, Amy Winehouse, Jim Morrison... and İve just finished doing Ray Charles.

Artist: Michael McCabe:
Behance.net/MMcCabe | Twitter.com/slick1985mick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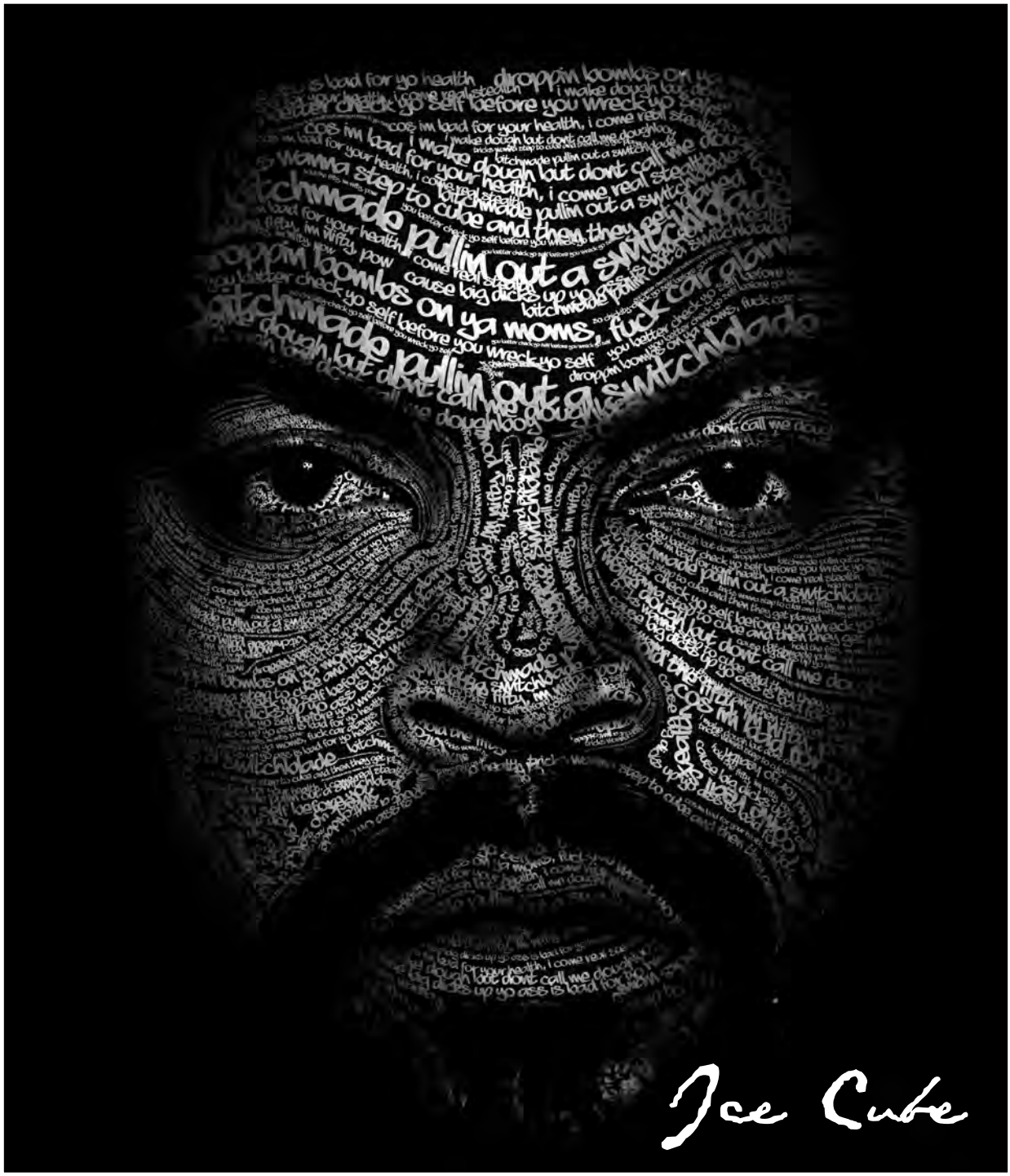
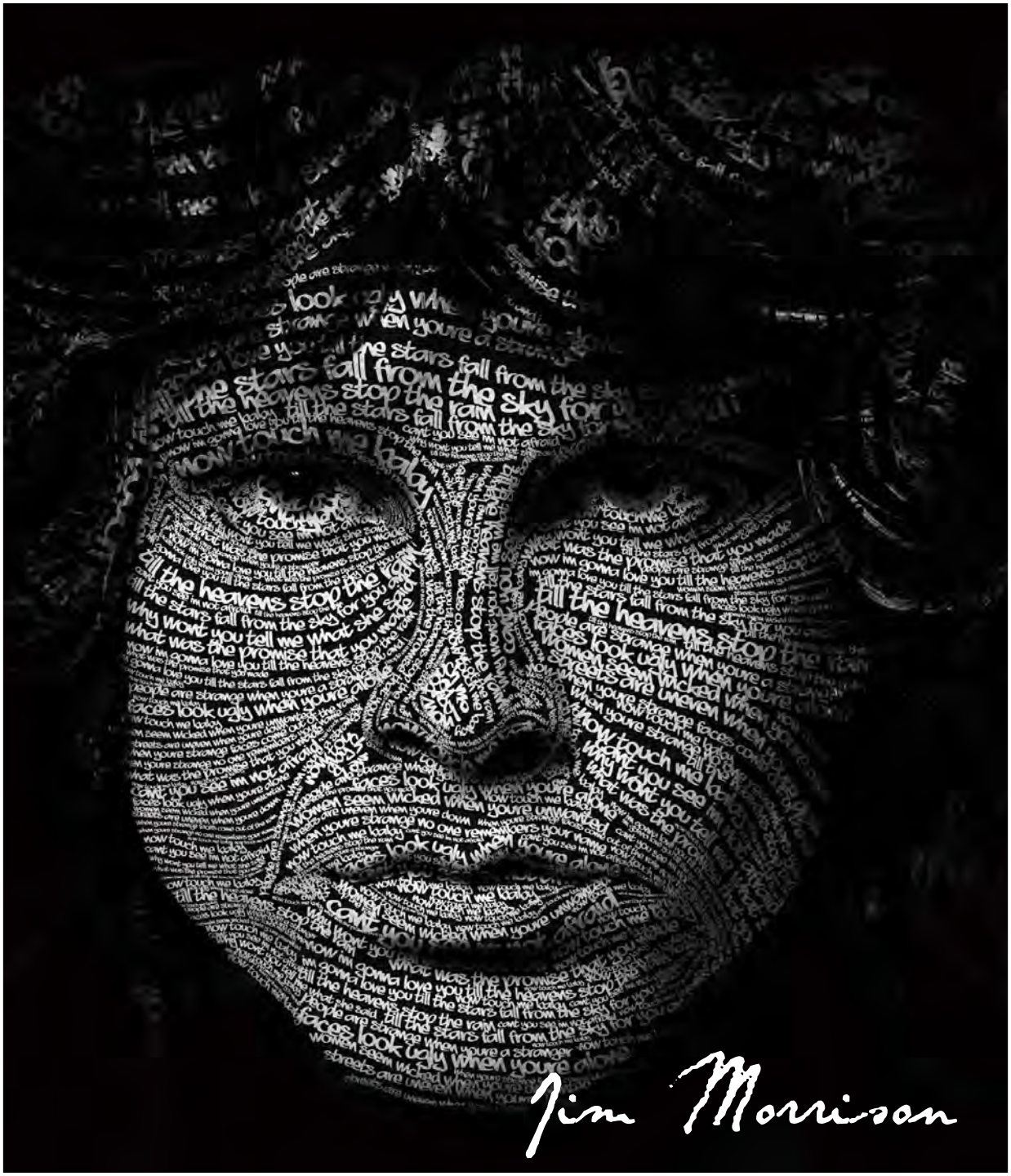

Ice Cube


Jim Morrison

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USL CONTENT

USL Men's Quarterly is the magazine for the hip, yet sophisticated man who appreciate great taste, quality and is fashion conscious. Stunning pictorials, the latest in menswear, lifestyle fitness and content to fulfill a hearty man's appetite is what **USL Men's Quarterly** promises to deliver.

ON THE COVER

JESSICA SUTTON takes the cover with her "Hot In Desert Lingere" shoot. **Jessica is a World Series of Fighting (WSOF) ring girl, which airs on NBC sports monthly. Jessica landed the spot having been approached to enter a 12-week MMA ring girl competition while working at 2 of the top pools in Vegas, Wet Republic and Encore Beach Club.**

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USL MEN'S QUARTERLY

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USL MEN'S QUARTERLY

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KAKI WEST

USL MEN'S QUARTERLY

EDITORS' NOTE

PATRICK KELLY MEDIA GROUP [PKMG] launches the new men's publication – USL Men's Quarterly.

USL Men's Quarterly is the new men's fashion and lifestyle magazine brought to you by the owners of USL Magazine. USL Men's Quarterly is the magazine for the hip, yet sophisticated man who appreciate great taste, quality and is fashion conscious. Stunning pictorials, the latest in menswear, lifestyle fitness and content to fulfill a hearty man's appetite is what USL Men's Quarterly promises to deliver.

In this spring issue, Jessica Sutton takes the cover with her "Hot In Desert Lingere" shoot. Follow-up features include Actress/Model Kaki West (from the blockbuster movie "Transformers 3", "Entourange", and "Glee"), Model Brittany Mason (of Yves Saint Laurent, Bebe, "The Face" with Naomi Campbell and Karolina Kurkova and "Two and a Half Men") and car enthusiast Isabelle Merey.

EDITOR-IN-CHIEF

patrick a. kellys

LADY GAGA FOR
VERSACE

ARTPOP

ABOUT JESSICA SUTTON:
Host of her own home improvement show on Youtube, "The Real Tool Time", is a World Series of Fighting (WSOF) Ring Girl and MMA Ring Girl...

JESSICA SUTTON

HOT IN DESERT LINGERIE

JESSICA SUTTON

WET & POOLSIDE

JESSICA SUTTON

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ABOUT BRITTANY MASON:
Model - Yves Saint Laurent and Bebe, she was in "The Face" with Naomi Campbell and Karolina Kurkova, "Two and a Half Men"...

BRITTANY MASON

PERFECT BEACH BODY

PHOTOGRAPHY BY KYLE GOLDIE

ABOUT ISABELLE: An avid car enthisiast with a passion for classic automobiles.

MUA: Morgan McDonnell
STYLIST: Nico Ortega
CAR OWNER: Echo Tescier

ISABELLE MEREY

RED HOT ON THE ROADWAY

PHOTOGRAPHY BY JADE EHLERS

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RADIAL T/A

ISABELLE MEREY

CLASSIC & SEXY AT THE GARAGE

PHOTOGRAPHY BY JADE EHLERS

ABOUT KAKI WEST:
Model/Actress in "Transformers 3", "Entourange", "Glee"...

KAKI WEST

BACKYARD PEEPSHOW

PHOTOGRAPHY BY ERIC GEA

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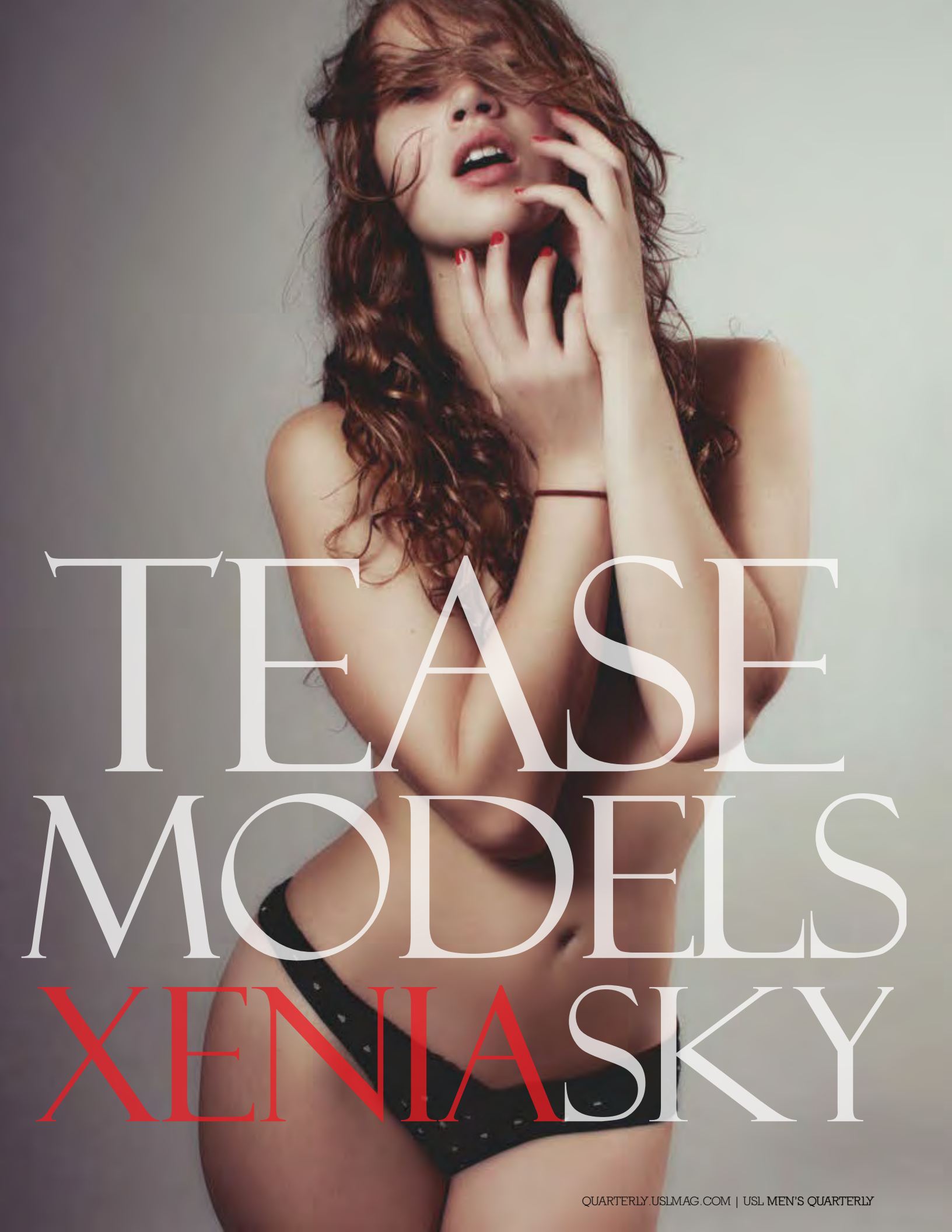
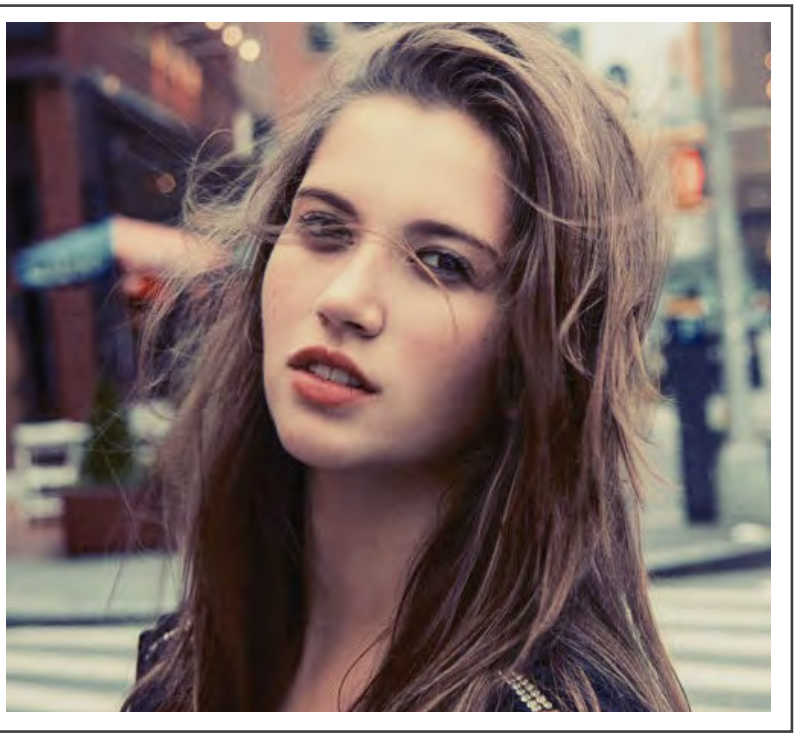


TEASE MODELS

XENIA SKY

Vanitease Sexiest Models of 2013 - USL Men's Quarterly features models from all over the world. **Xenia Sky** graces this issue. To submit, please send 5 photos in series, your facebook and twitter information and your thoughts on staying healthy, music, movies and dating.

Model **Xenia Sky**
City **New York City**
Age **19**



Q&A

What are your main accomplishments as a model? To let other people be aware that you do not have to be a size "0" to be a professional model.

How important is health, fitness, eating right and looking good? It is very important! Eating right and exercising is beneficial to the body AND mind. Running allows me to clear my head, and eating right makes me feel more awake and energized throughout the day !

What are your best features? I really like my curves and facial expressions.

What's next for Xenia? Acting!

DOLCE & GABBANA
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DOLCE & GABBANA
light blue
POUR HOMME
EAU DE TOILETTE

USL STYLE

MUST HAVES FOR MEN'S CLOSETS

BY STYLIST
Michael Andrew

One Great Blazer

One great fitting blazer say, "even when I'm blending in I always stand out." If you have the money, Bespoke (something custom made and hand tailored just for you) starts at around $2,000. If you're balling on a budget, Suitsupply, Mens Wearhouse and Jos A Bank have high stylings for about $200 to $400.

One silk cable-knit or cotton sweater say, "it's a wonderful life." If you have the money, Tom Ford, the arbiter of sexy, creates beautiful clothes period. If you have $30,000 or $40,000 to invest, he can cover all of these categories, but the reason, I would tell you to purchase his sweater is because he mixes delicate and attuned construction to a strong masculine presence like no one else can. When you put on a Tom Ford sweater, you feel cool literally and figuratively. If you are balling on a budget, Uniqlo has unique and very interesting selections of color and simplistic designs, that allow you to ease into the season effortlessly.

One Silk Cable-Knit Or Cotton Sweater

> When purchasing items that compliment your style it's important to remember that fit and proportion are much more important than brand. You could spend thousands of dollars on a piece that is ill fitting, while the next man went to the thrift store or the tailor and put your look to shame. So I would advise all men to be careful when going out to buy clothes for trends. Instead, buy classic pieces that represent who you are. because they only get better with time.

One Great Leather Jacket

One Great leather jacket says; "it does not matter whom you said I was supposed to be..." If you have the money, John Varvatos, the classic American Luxury brand, always has amazing leather and suede outwear that you will keep forever starting at $1,000. Belstaff, an iconic company that began making bags, has traditional approaches to contemporary design at around $695, especially in its outwear. They are sure to have people hating

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One Statement Piece Or Accessories

One statement piece or accessories say, "why would you want to be me when you do you so well?" A statement piece is your thing and could range from the ridiculously expensive $100,000 watch or ring to something completely inexpensive, as a Navajo woven bracelet you got in Arizona for $3. It's what is unique to you. For me, it is hats, and slippers for the spring. My hats are custom made and can range from $150 to $300 and my slippers, which are currently procured from Stubbs and Wootton are around $495. However, accessories like my tie belts or scarves; usually cost around $3-$5 from the thrift stores.

One Well Fitting Dress Shirt

One well fitting dress shirt (including a proper collar) says, "I'm ready for the world!" If you have the money, buy the custom fit shirts or get them custom made. There is nothing better than having a shirt with the proper proportions, made just for you, with your own pattern and style. Shirts are not crazy expensive to make, this is a great way to get a taste of quality clothing, look and feel, starting $300. If you are balling on a budget, B. Oyama, a designer in NYC who has great designs, different collar lengths, slim and regular cuts; that are important when it comes to proportions, starts at around $175.

One Excellent Pair of Flat Front Lightweight Wool Pants

One excellent pair of flat front lightweight wool pants says, "I'm about business!" If you have the money, Brunello Cucinelli is my choice. Most all his fabrics are cashmere that allude to luxury and affluence and are extremely comfortable to wear. Note: If you're only buying one pair at around $900, wear them sparingly because his fabric is delicate and can begin pulling. If you're balling on a budget, Eredi Pisano, a cool Italian brand in NYC, elicits the cool "businessman" out of any patron who puts on their clothing. Their price point can be on the higher side, but they always have great sales starting at $300.

Converse Allstars

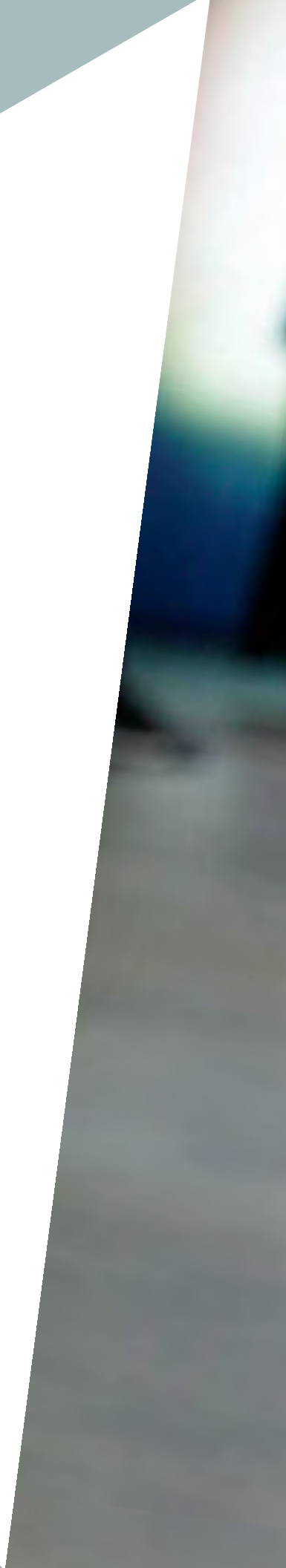
One Pair of Athletic Inspired Shoe

One pair of athletic inspired shoe say, "I still know how to play the game!" If you have the money, Tod's, which is known for it's driving shoes than the leather sneaker options, often go un-noticed but leather sneakers help keep a casual look, upscale and cool. So Tod's do start at around $400. If you're balling on a budget, Converse low tops, at around $65, are a great way to create a casual urbane look for the spring and summer days. You can also wear sneakers without socks, which say, "I'm winning the game, so I do not have to play so.

JAN BOELO

F/W 14-15

THE ILLUSION
OF THE HEART



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MONSIOT TAHOU:

CHILDHOOD DREAMS, CELEBRITY SUCCESS & LIFE AFTER STROKE

By Patrick kelly

Childhood dreams are considered aspirational, but Monsiot Tahou turned his dream into a high-flying, wheeling and dealing, celebrity success story.

"I got into business management by happenstance. I took a chance on a company I heard about on TV, knocked on the door and got offered an opportunity to start as a staff accountant," Tahou said.

In 2002, while still in grad school at Georgia State, Tahou was hired at Madison Smallwood Financial Group in 2002, listed in Black Enterprise Magazine's December 2002 issue as the most prominent African-American firm in the entertainment industry. Tahou never imagined working with celebrities. In fact, he said he did not know celebrity wealth management existed until his hire.

"Little did I know my passion for music and financial planning collided and turns my life in a direction I never expected nor dreamed. I ended up working with a bunch of interesting people: the creative, the number crunchers, the label people, the attorneys, the managers and the promoters. These were some of the same ones I wanted to be like as a teenager. I have truly been a blessed man," Tahou said in a phone interview.

Managing celebrity's finances, from cash-flow to taxes and investments, Tahou also gave sound financial advice in decision making and how his clients should invest or spend their money. From Usher to Lil Wayne, Swizz Beats, Outkast, Music Soulchild, Kelly Price and Tyrese Gibson of the "Transformers" blockbusters, his firm handled some of the biggest stars of the time.

Phone conversations about Lil Wayne's financial business were a daily occurrence. What he wanted to buy, who gets what monthly stiffen, are the baby momma's bills being paid this month, were solutions he had to find answers to. If a celebrity's utilities got turned off because they forgot to pay the bill, Tahou had to pay it. He managed private jet flights, rental and lease agreements and sometimes things got personal.

His clients wanted him to deal with their significant others, pay-off's, shut-up's, DL's and infidelity. There were times he stood by his cellphone, in anticipation of demanding clients. "You would be so surprised what you learn about these celebrities by just doing their finances," Tahou said with this smirk look on his face.

Are some celebrities too demanding? Yes, he said. Do they sometimes feel they are above the fray? He said yes to that too. Unfortunately, many celebrities feel they are above the fray, and their attitudes reflect it. There weren't a shortage

of being cussed out and disrespected. Too often these same people forget their manners. They forget their pants go on like everyone else. ''It's my job,'' Tahou would say.

Tahou's life was not that of an accountant's, outside of work. He found himself in the middle of ''the high-life''. His pass time involved mixing and mingling with top a-list celebrities, hanging out with NBA stars on Ocean Drive or Lil Wayne's crew on Lincoln Road in South Beach. Celebrity events, concerts and mansion parties too often came with the job.

Speaking about The Black Eyed Peas, Tahou said, ''The entire band was refreshingly down to earth and meeting them was actually an out of body experience. Their manager invited me to Las Vegas to ring in 2010 with them at the Luxor. I was taken aback by the willing hugs at the stroke of midnight. That night I also met Fergie's husband Josh Duhammel, and the legendary Prince.''

Leaving Madison Smallwood's Miami branch in 2007, for an offer in Los Angelos, Tahou left the L.A. firm after finding out they were being accused of stealing from the Black Eyed Peas front man Will I Am. He later lucked-up on a budget comptroller position for the Black Eyed Peas E.N.D. World Tour, from 2009-2011.

''It was a whirlwind experience dealing with a massive $40 million budget and moving over 200 people from one continent to another for 100 dates,'' Tahou said, in an interview with USL Magazine.

Announced in January of 2010, the AEG Live produced tour spanned five countries and featured the six-time Grammy Award-winning, multi-platinum artists The Black Eyed Peas, with multi-platinum superstar T-Pain, double platinum rising-star Jason Derulo and #1 hit-maker B.O.B. as special guests.

Tahou said his proudest moment, while working for The Black Eyed Peas, was when he got his mom VIP tickets to the tour in Paris. ''She called me right after the show to express her amazement at the production machine I was a part of (rising stages, flying motorcycles and thousands of screaming fans),'' Tahou said, in an article with USL Magazine.

When asked what he learned from being a part of the Black Eyed Peas E.N.D. World Tour, Tahou said ''The most shocking thing was what one learns about the clients' habits, based on their monthly credit card statements; private stuff you could live perfectly fine without knowing. Needless to say, as a professional, I cannot divulge these idiosyncrasies.''

''The satisfaction I got while working in finance for celebrities is that, as a music fan, I was privy to the entire process as it was happening. I was paying invoices related to studio sessions, artist feature fees and promotional events, so I was aware of new songs, collaborations between artists and TV appearances before most people. I felt like an insider, not a field one, but an office one,'' Tahou said.

''I also got to meet many of my favorite artists up close and talked to them one on one. It was an unreal experience. I learned a lot, gained more experience and built long lasting relations with top record execs,'' Tahou said.

So many young children are inspired by family members or what they see on TV. As a child, Tahou dreams changed often. He said he found out he had to start wearing corrective vision lenses, so the dream of being a pilot went out the window.

''As a child, I initially wanted to become an airline pilot because my uncle was one and he seemed to have an interesting life visiting all these different countries. I must have been around 7 or 8 years old,'' Tahou said.

Inspired by the 1987, Oliver Stone film ''Wallstreet,'' Tahou said he was inspired by Michael Douglas's character Gordon Gekko. His ''dream transformed into becoming a high flying corporate attorney, wheeling and dealing as the suits seen in the movie,'' Tahou said, exclaiming feverishly.

''My preparation for the new dream included getting good grades and excelling in Arts & Humanities in school. The dream did change, however, as it became more altruistic. I now wanted to help people. Being the child of two attorneys, I can remember being at the dining table and hearing sad stories of individuals dying without having their estates in order. I then decided to become a financial planner so I could help people avoid such dramatic outcomes, once they left this world,'' Tahou said.

Fixed on the ideals of becoming a Financial Planner, Tahou wanted to be as well-rounded as possible. And nothing can prepare you for international business as an American education, implied Tahou.

''I came to America for school because I wanted to be fluent in English, which is the business language of the global economy, and my parents happened to agree with me that the French education and business world were not as dynamic as the American's,'' Tahou said. He and his family settled on Atlanta because his mom had visited the area during the 1996 Olympics and fell in love with the city.

At first Tahou wanted to attend the University of Georgia for its prestige, but later transferred to Georgia State University, because of its proximity to the Buckhead night-life. During his first semester, Tahou shared time between school, friends and worked as a busboy. ''Once I got more settled in school, I then took on-campus jobs like stocker at the campus library and on-campus security,'' Tahou said. ''Those jobs taught me discipline and respect for my superiors, which is something I still carry to this day,'' Tahou said.

A Financial Manager and Certified Financial Planner (CFP), Monsiot Tahou graduated from Georgia State University with a BBA in finance in 2000 and an MBA in finance in 2004. A compatriot of Cote d'Ivore, West Africa, Tahou said he came to America to get a better education and a taste of the "American dream."

"I can honestly say that I tasted the "American dream." I, an African college graduate from Cote d'Ivoire, working and rubbing elbows with people the rest of the world only see on TV. There was nothing predisposing me for such a career. It took guts, courage and smarts to survive in the shark-infested music industry water, but I am grateful for the experience," Tahou said, over an online interview with USL Magazine.

Becoming a Financial Planner was a dream come true for Tahou. But his life as he knew it took a turn no one could imagine. He was a healthy 28-year-old, thriving professional. He worked-out regularly and ate moderately well, yet his life came to a crashing halt one May afternoon in 2012.

While sitting on the steps of a friend's condo in Atlanta, Ga, Tahou began feeling a bit disoriented. He began speaking with broken speech and his left arm went limp. "It was the most frightening thing I had ever experienced," Tahou said as he adjusted himself on the tan chase sofa, positioned in the living room of his West Atlanta home.

He arrived at Emory University Hospital in a worse state. His brain began swelling, and he went into a coma for two weeks. When he came to, Tahou was completely paralyzed on the left side, from the shoulder down. Doctors told him he had a stroke brought on by high blood pressure.

Knowing that high blood pressure was hereditary, Tahou did not take his health as serious as he should have. Almost one-third of all Americans have high blood pressure, and it's more developed by African Americans. One of every 19 deaths in the United States is caused by stroke; which is attributed to high blood pressure, according to the Center for Disease Control. After his release from the hospital, Tahou said his entire life changed within a blink of an eye. A life that was once filled with jet-setting, celebrity events and mansion parties, dwindled to loneliness and feelings of helplessness. His Miami and Los Angelos high-rise condo soirees turned into bedridden Borden. People, who were once celebrity tailgater's, disappeared and weren't returning his phone calls.

In a life of despair, Tahou realized who loved and cared for him. Family and a few trusted friends were all that was left around him. His entertainment career was no more. His connects were off to the side-lines, and his girlfriend packed up and left, once she could not get her hands on his bank account.

Tahou's eyes got a little misty as he began talking about the mistreatment he sometimes endure from others. You could tell he was hurt in how people mistreated him, after they realized they were not going to get anything from his misfortune. "Sometimes I would be sitting in a restaurant with friends and the waiter would ask my friends what I wanted to eat. It was as if I was invisible or something," Tahou said.

He was not the assertive Monsiot Tahou everyone knew. He was not the one making all the calls anymore. His self-esteem had fallen to an all-time low, because he and others began looking at him as a cripple.

"Being in a wheelchair makes me feel like a cripple, but I had to use it until I could get my body stronger," Tahou said. Thirty days after being released from the hospital, Tahou was out of the wheelchair and struggling with a cane. Sometimes he would trip and fall or lose his balance, but just continued to get back up.

Therapy and rehabilitation was very trying for Tahou. He had to go to Emory Rehabilitation Center five days a week, where therapists would help him to stretch and move his left arm and leg. "The cane came in handy and I don't feel like a cripple anymore. I feel a bit more normal," Tahou said.

One year out of Emory University Hospital, Tahou is still in recovery and continues to go to therapy. Because he can no longer pay his bills, the family takes care of it and sometimes visits from West Africa and his brother from Canada. Tahou's friends in the Atlanta area come by his home to bring groceries and take him out from time-to-time.

Now Monsiot Tahou spends most of his days at therapy, walking with his cane at the neighborhood park or talking with friends and family on Facebook. He says he's taking

things in stride and feels optimistic about a full recovery. "Sometimes I get a little depressed because I'm not dating, but I'll get over it," Tahou said.

In December of 2013, Tahou moved back to Cote d'Divore. He said he needed to be around his family, and it's too hard being in the U.S. without them. His family and friends are supporting him, he said, and he's even walking without a cane and feeling is coming back to his left arm.

Between the therapy and trying to build a family, Tahou is keeping himself busy. He's still creating opportunities for himself in the entertainment industry, just one year since his stroke and eight months in recovery. He has turned his eye to communication and print media and said he saw an opportunity to mix his MBA business skills with his entertainment industry connections. "i want to bring about a superior offering to my home-country and not stray too far from the entertainment realm where true opportunities abound," said Tahou.

"Without a doubt, I see me at the helm of the flyest, dopest, cutting-edge entertainment company in the region. In 5-years, I do hope that another mega-project I'm involved within the U.S., with GTG Media, would have taken off, forcing me to split my time between home and America. I'm sure I'll miss my future kids, but I'll see how to handle both. In 10 years, I plan to have checked off a few items from my bucket list, and be on the road to financial independence, while spending more time with my growing family," Tahou said when asked where he sees himself in 3-10 years.

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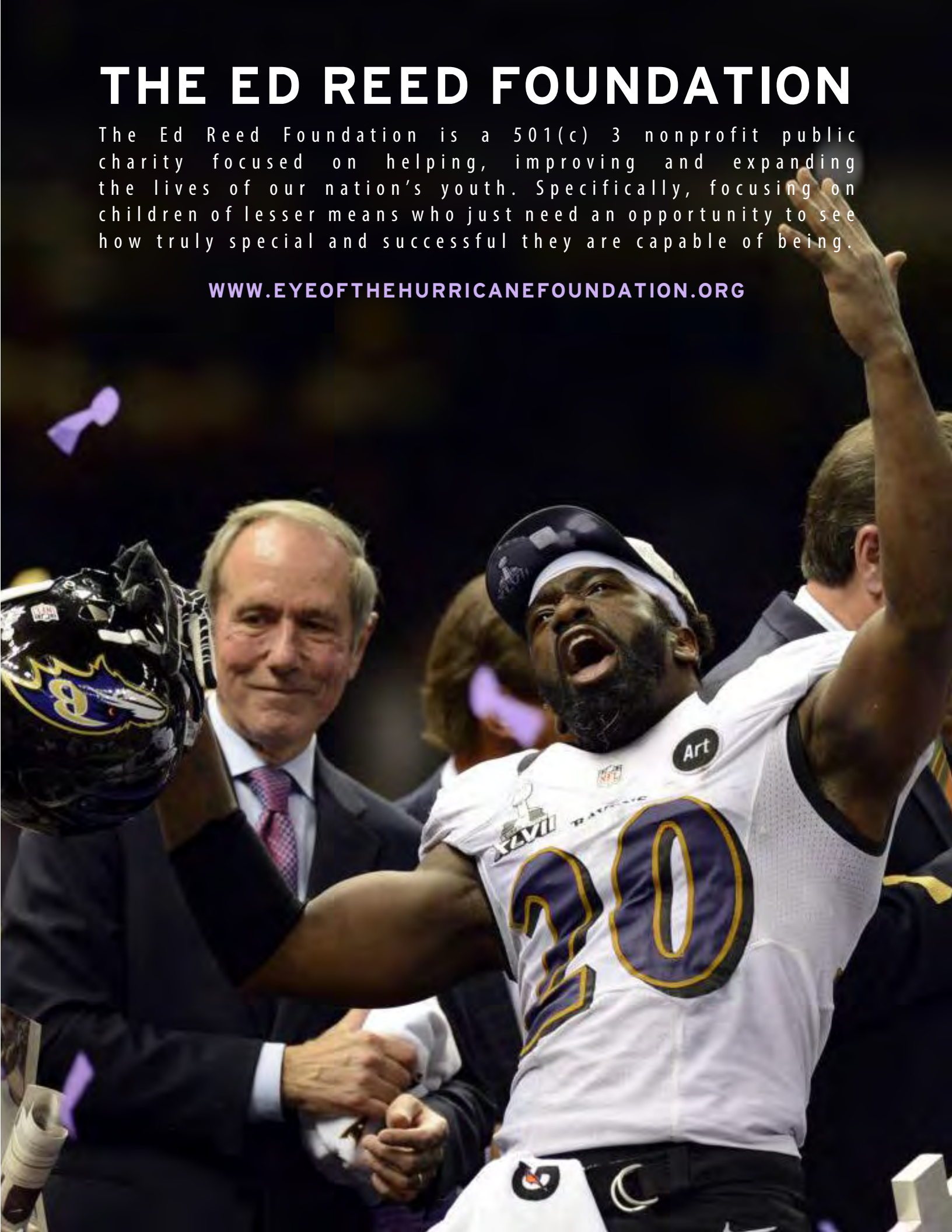

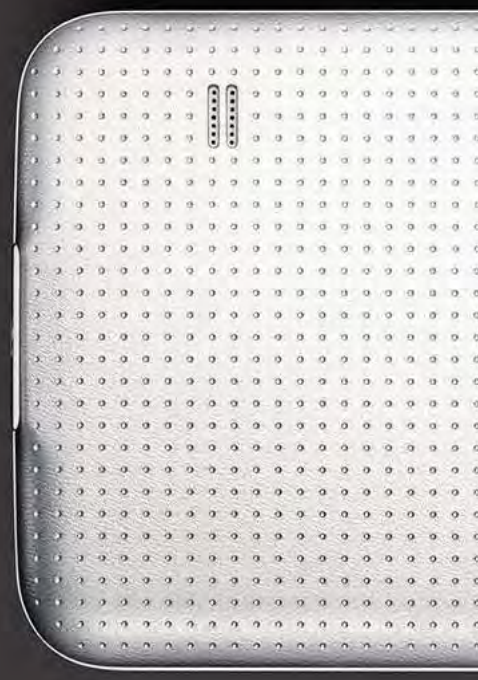

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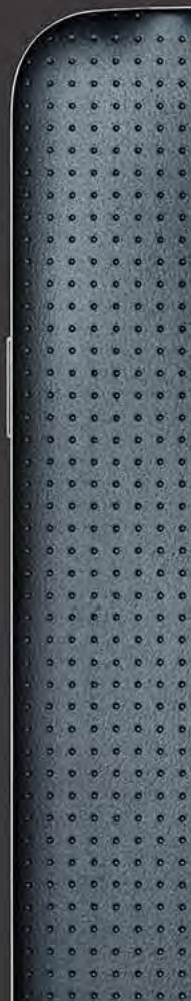

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Photo Courtesy of Bleacher Report

TERTAINMENT

LIFE AFTER THE GAME

WITH DETROIT LIONS

LAMAR CAMPBELL

By Patrick Kelly

Many professional athletes are going belly-up after a few years in retirement. Why is that? Why are so many of them African Americans who played the game well, were once superstar athletes with millions of adorning fans and are now just "regular broke folks?" Is it just blatant mismanagement of funds, Bad investments, baby mama drama or are they still trying to live the superstar lifestyle on a prime rib diet?

While some do have that infamous baby mama drama (Terrell Owens on back child support), there Is no reason why these athletes should be broke after earning millions of dollars during the span of their careers. Take retired Major League Baseball player Otis Nixon for instance. He was just arrested in Atlanta for crack possession, and could not come up with $11,000 for his bail. Mind you, Otis earned aproximately 19 million dollars from 1989 to 1999. Former "Dirty Bird" Atlanta Falcons star Running Back Jamal Anderson, who earned over 70 million dollars during the span of his NFL career, just lost his 10 bedroom mansion in Atlanta due to foreclosure. And Terrell Owens, former Dallas Cowboys star Wide Receiver, earned an approximate 54 million dollars during his NFL career, yet he's doing community service because he can't pay his back child support. But the clincher is Philadelphia 76ers star Guard Allen Iverson. This pro athlete earned a whopping 150 million dollars during the span of his career and now he's crying in Black Enterprise that he's so broke, he can't afford a hamburger. Honestly, I wished these pro athletes had taken a page from former Detriot Lions Defensive Back Lamar Cambell. He wasn't privy to superstardom or having a multi-million dollar contract, but he got his head in the game, created a plan for himself so he could transition from the NFL to real life; he got a business degree from Wharton's.

WHY ARE PRO ATHLETES GOING BROKE AFTER THE GAME?

Let's talk about the nest egg. It really doesn't matter if you're making $200,000 or $4,000,000 a year, you do have a lot of athletes who go into pro sports making all this money, but don't have the financial literacy to invest properly and spend wisely. When their career is over, a lot of them are broke as hell. How did you educate yourself about financial literacy? You know what, I was lucky enough to have some really good veterans around me. My family wasn't the type of family that really talked about finances even though we had the Sunday dinners. They never really said, Lamar make sure you understand credit.

I'm going to put this on record to say, in the past, most black families didn't really educate their kids on credit because there wasn't an understanding of credit. It didn't matter where you're from then. I'm from the islands, but I grew up in the U.S. and we never talked about credit. It was like, what's that? I learned about credit when I went away to college and began receiving a bunch of credit card offers in the mail and the effects of not paying those bills on time.

You get those credit cards in college and all you're saying to yourself is, this is free money and not realizing you have to pay it back. You don't really understand credit or the importance of credit until you have to buy that first car or that first home. Then unfortunately, if you're a ball player, you have enough money to just pay those debts off so you never really understand how it affects your credit and that how much you pay in finance charges is really determined by how well you pay your bills. You do have a lot of guys who go into the NFL not educated about their financial future. They're ignorant. They just don't know because no one ever taught them about handling their finances. **Say you have a mom on welfare with two kids. People complain about how they don't understand why she stays on welfare and not go get a job. What they fail to realize is that once you've been on welfare for a long period of time, you get hooked...**

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GET FIT
w/ JOSEPH JOHNSON

How important is health, fitness, eating right and looking good?
Health, fitness, eating right and looking good are very important to me. Maintaining a healthy lifestyle, which encompasses all those areas have been a mantra of my life since age 12. My goal is to lead a healthy life and in doing so, help others attain their fitness goals.

Health is my number one reason for accomplishing the goals I have attained thus far. Without good health, my dreams will not become a reality. Being healthy allows me to remain focused on my goals. Having good health also gives me mental clarity and physical strength in my daily tasks and workout routines. Being one who is aware of the importance of health and its effect on my well-being, I strive each day to eat a balanced diet; rich in nutrients, coupled with a four-day- a-week workout regimen.

Fitness plays a very important role in my daily life. As a Competitive Sport Enthusiast, it is important for me to be in the best shape at all times. And as a certified personal trainer, physique competitor, power lifter and fitness model, fitness plays an integral part in my competitions. It determines my capability of winning.

Eating right is paramount to my success. On a daily basis, I incorporate a healthy balanced diet, which is Eating right is paramount to my success. On a daily basis, I incorporate a healthy balanced diet, which is always at the top of my list. Nutrition is absolutely important for the body as I have created a Nutritional Plan that I utilize daily. Without proper nutrition, I would not have been able to remain healthy and fit.

Looking good at all times is one of my top priority. One "never gets a second chance to make a first impression." I usually seize the opportunity to look my best for all occasions.

DAILY WORK-OUT REGIMENT

My daily work-out regiment entails the following: warm up with lunges and jumping jacks for 3-5 minutes. Dynamic stretches, 3-5 minutes, 45-60 minutes of full body training, 10-15 minutes high intensity interval training (cardio), At least 8-15 repetitions for 3 sets on compound exercises. Cool down 3-5 minutes. Complete the work out within 45-60 minutes.

Any Tips You Care to Share about Your Work-out?
Define your fitness goals. Be prepared. Be committed. Be resilient.

BEST FEATURES

My physique and resilience are my two best features. I am always complimented on my physique. People sometimes approach me about my physique and ask me to be their personal trainer. I am resilient; never gave up on the goals I have set to accomplish.

WHAT'S NEXT

There are a number of interests that I have been pursuing. For example, one of my career goals is to become an International Federation of Body Building (IFBB) Pro Physique Athlete. I am also preparing for the upcoming USAPL RAW Nationals Power Lifting and NPC Physique Competitions in July and October 2013. Finally, I am in the process of expanding my fitness business.

Photo By Jan Freire
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DESTINATION ATLANTA 5 HOT SPOTS

YOU SHOULD VISIT WHEN IN TOWN

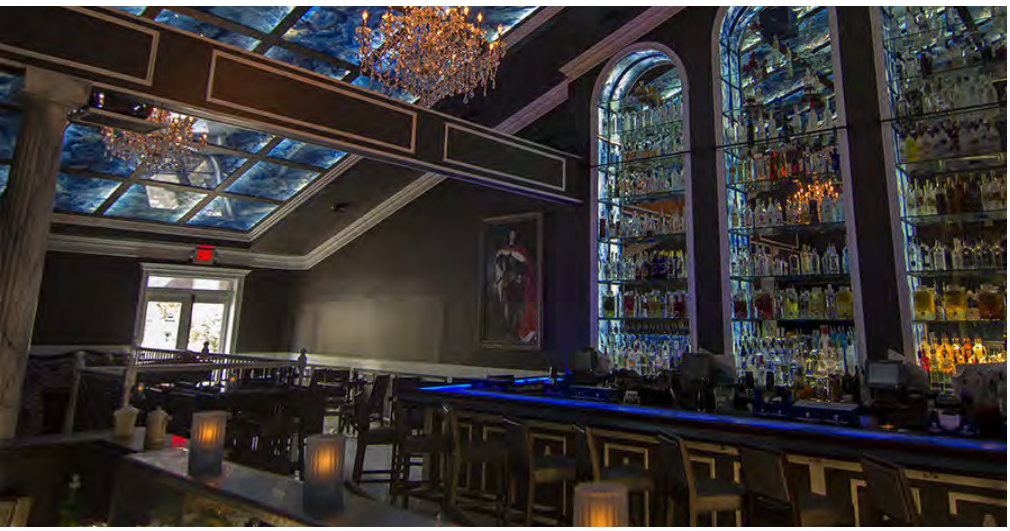
Chef Rob's Upscale Lounge
5920 Rosewell Road, Atlanta

Chef Rob's Upscale Lounge created and ran by celebrity chef Chef Rob Gayle is on my list of places to go in and around Atlanta. The Sandy Springs bar/lounge gives tastemakers and professionals throughout the city a unique experience. With a menu of assorted Caribbean tapas, cocktails, top-shelf choices, hookah, and signature wine selections, there is something for everyone. The alluring ambiance featuring contemporary furnishings plays host to an assortment of exclusive events, private mixers and social activations attended by industry influencers.

For the cigar connoisseurs, this swanky 1920s underground speakeasy experience sets the bar for the exclusive after dinner grown and sexy vibe. The cigar lounge of lounges… Prohibition is not a member's only establishment, but guests can only enter by securing the evening's password. This password (telephone number) must be entered into the dial on the phone inside an antique phone booth that opens once access is granted. With a full bar and late night menu showcased in a recipe book, passed down from generations, Prohibition is a must on the list of places to experience in Atlanta.

Prohibition
56 East Andrews (basement)

TS & LOUNGES



CZAR Bar
56 East Andrews Drive

Czar Ice Bar is a Vodka Bar experience like no other, tucked away in the heart of Buckhead. Offering the 300+ Vodkas of the world, this tucked away destination for Atlanta tastemakers provides the perfect blend between bar and lounge. Patrons can sit and literally "be cool" with an exotic vodka cocktail at a 4" thick and 27' long solid ice bar top. Featuring a full sushi menu created by the world acclaimed master sushi chef, Chef Saito Saito, CZAR Bar caters itself to the want-to-be-seen and not-want-to-be seen locals and visitors alike.

CRUZADO's Café and Lounge
366 5th Street

Cheers ... Where everybody knows your name! This is one of my new favorite spots. The coziness, location, and nightly vibe make Cruzado's Café and Lounge the place to go to just unwind, relax and mix and mingle with a great diverse group of Atlantans. The experience begins upon entry with the visually pleasing interiors done by Danto Designs designer, Danny Tovar. Offering some of the best Hookah in the city and a full bar with a Cuban/Caribbean twist, the experience is a city's one of a kind. Seating no more than 40-50 people at one time, this is the perfect place for a low key evening in the city.

_The Glenn Hotel
110 Marietta Street, NW

Located in the heart of downtown Atlanta, this boutique hotel gives you charm and comfort with top notch service. From the lounge known as The Living Room to the acclaimed Glenn's Kitchen offering a seasonal American cuisine with a Southern flair, The Glenn tops off at the SkyLounge rooftop bar with one of-a-kind views of the Atlanta skyline. The Glen also __offers a compelling experience in the heart of a happening city. Its new "Stay With A Friend" campaign sums up the entire experience... comfortable, familiar and very welcoming!

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YOUNG ENTREPENEURS BRİNG LİVE MUSİC İNDUSTRY İNTO THE NEW AGE!

Since it's takeoff in April 2011, Musicalize has become the fastest growing live music showcase event in the UK, with audiences averaging at 3,000 and a collective social network following of over 50,000. Having previously hosted events with performances from the likes of Ciara, Ed Sheeran, Lil' Kim and Professor Green, Musicalize is firmly becoming a name to be known in the music industry.

Already successful from a young age, founders Ben and Sophie Anderson wanted a new venture; holding an esteemed position at one of the UK's largest banks, Ben wanted to pursue his true passion, live music and his talent for discovering new talent.

After graduating from Kingston University with a 1st in English and Performing Arts, Sophie had founded her own dance studio, which 5 years on now has four studios operating across London. With her life's motto "You Get What You Put İn" and the success of her first business, Sophie set out looking for her next and found it in Musicalize, alongside husband Ben.

With the strength of the brand they created alongside their determination and professionalism, Musicalize has rapidly become known for putting on great events. Musicalize also prides itself in providing a launching platform for breakthrough unsigned artists. By giving away the prime position of supporting headline acts, these artists get the opportunity to be officially introduced to the music industry and also to audiences.

This year, Musicalize will be looking forward to hosting their biggest events yet with their plans to produce concerts at the Wembley Arena and The O2 Arena in London and international concerts in the US, Dubai and Canada. -Ana Vitorino / Beau PR & Events

Connect with Musicalize:
www.facebook.com/Musicalize

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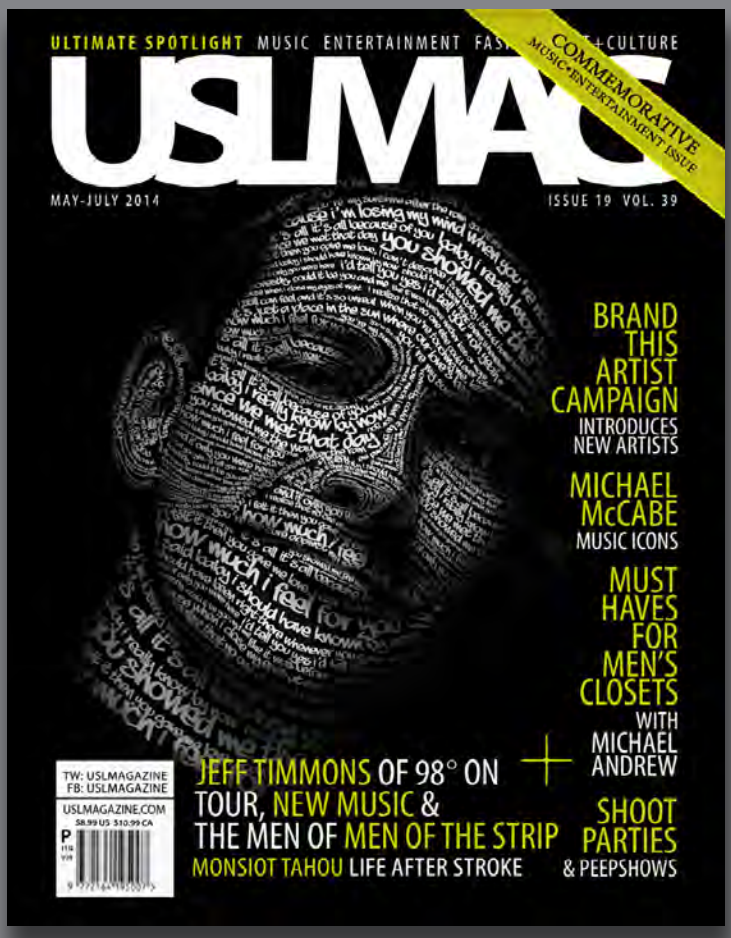
MAY-JULY COMMEMORATIVE ISSUE W/ JEFF TIMMONS & ICONS IN MUSIC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AND ENTERTAINMENT

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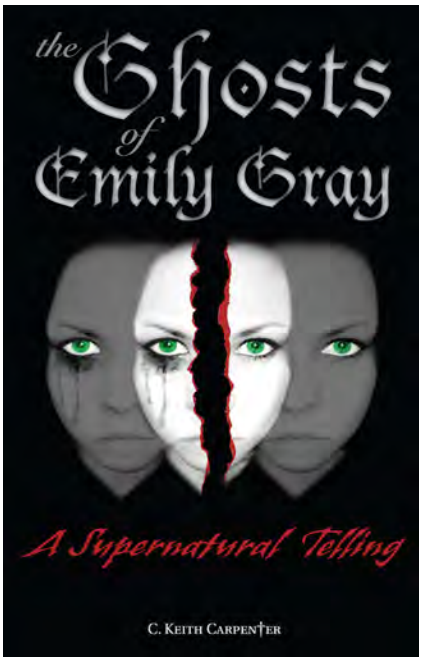
AUTHOR C. KEITH CARPENTER NEW PARANORMAL NOVEL "THE GHOSTS OF EMILY GRAY"

The story follows Erin, the surviving identical twin of Emily who was tragically killed exactly one year ago. Multiple apparitions of the dead teen simultaneously haunt the family while Erin tries to cope with the guilt of Emily's death, haunting visions, a jilted ex-boyfriend who taps into supernatural forces to enact revenge, and a family that is quickly disintegrating. Having made a break with the occult underworld, Erin struggles with her own identity as a person while dating the high school football star who is very different from her.

Carpenter writes a smart, riveting, and fantastic story with well-rounded characters and many twists and turns. He is a graphic designer and copywriter whose spare time is also devoted to creating a very popular fine art series titled Alterniverse: The Urth Chronicles.

Settle in for the night and immerse yourself into the nightmare. İt is a book you won't be able to put down until it is finished cover to cover. Sleeping afterwards, however, may be a difficult task. -C. Keith Carpenter

The novel is available online and at other locations which are listed on the website www.GhostsOfEmilyGray.com



USLMAG JULY-AUG

WOMEN IN MUSIC ISSUE

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Illustrations By Michael McCabe

The dancers like my typo portraits are all done for personal use. I create them to stay sharp and on key, I like to create illustrations that leads to commission, if the right people see them. I've created a few dance posters similiar to these, but sadly lost the files when my computer crashed.

Contact Michael McCabe:
Behance.net/MMcCabe
Twitter.com/slick1985mick

Photography By Hyun Gu Kim
Styling By Patrick Kelly
MUA/Hair By Dani Scarcella
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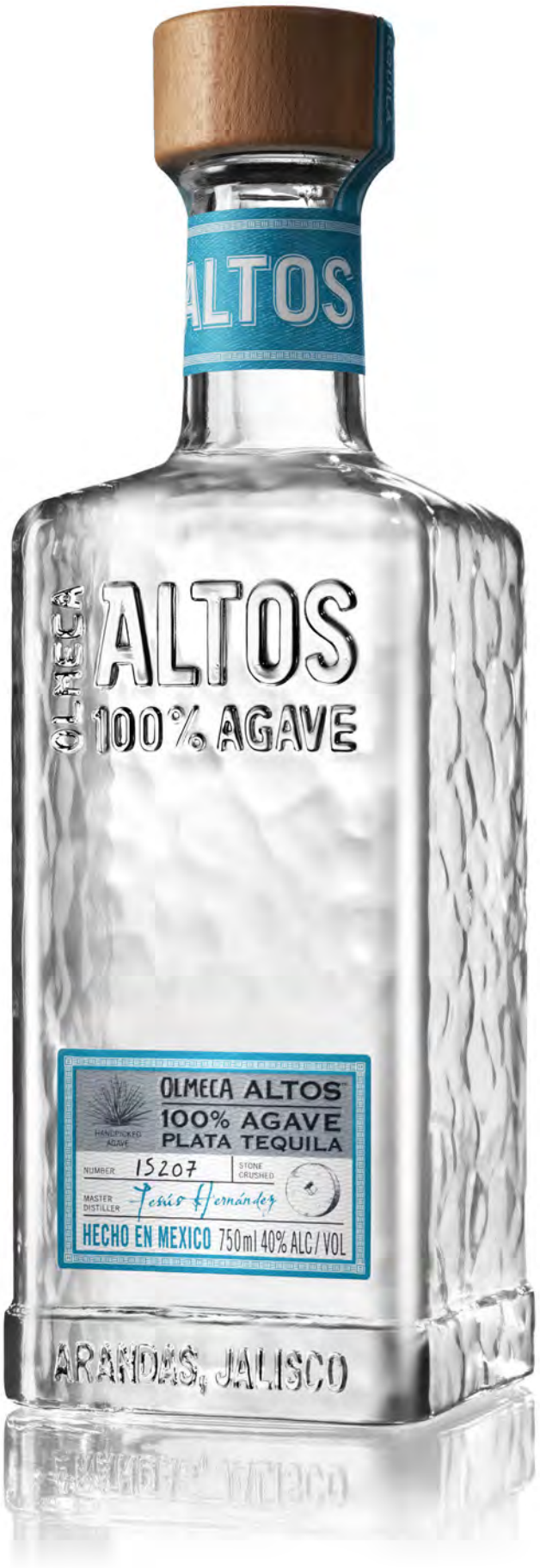

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